

ACTUAL SIZE



CODE 1298 VI

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization. It is a required cofactor for an estimated 300 enzymes. Among the reactions catalyzed by these enzymes are fatty acid synthesis, protein synthesis, and glucose metabolism. Magnesium status is also important for regulation of calcium balance through its effects on the parathyroid gland. Magnesium Citrate is easily absorbed, and NOW® Magnesium Citrate Softgels are provided in a liquid base with chelated forms for superior bioavailability.*

SUGGESTED USAGE: As a dietary supplement, take 3 softgels daily, preferably with food. Consider taking this product in combination with NOW® Calcium, OsteoBoron™, Vitamin D and Zinc.



Magnesium Citrate

NERVOUS SYSTEM SUPPORT

Softgels

- Superior Bioavailability*
- With Glycinate & Malate

180 Softgels

A Dietary Supplement



Supplement Facts

Serving Size 3 Softgels Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%*
Trans Fat	0 g	†
Magnesium (from Magnesium Citrate, Magnesium Glycinate and Magnesium Malate)	400 mg	100%

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Rice Bran Oil, Softgel Capsule (gelatin, glycerin, water), Beeswax and Sunflower Lecithin.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Store in a cool, dry place. Please Recycle.